

10 EASY WAYS TO EXPLORE OUTDOORS

1 OBSERVE PLANTS

- Look for flowers that show the colors of the rainbow, or leaves with different shades of green.
- Try out apps like Seek or Leafsnap to help identify newly discovered plants.
- Record your observations in a nature journal or app like Nature's Notebook.

2 DISCOVER WILDLIFE

- Go on an insect hunt. Look on the ground, in plants, and all around. How many different kinds can you find?
- Look for larger wildlife like birds and squirrels and observe their behaviors. What are they doing, are they making noises?
- Try apps like Picture Insect or Merlin Bird ID to identify the wildlife you see.

3 COLLECT NATURE

- Gather special nature items; unusual sticks, rocks of different sizes, leaves, seeds, shells, etc, and create a mini-museum of your family's finds.
- Capture the large and living nature in your neighborhood virtually by taking pictures of the natural items that you are unable to collect.
- Use the iNaturalist app to keep track of all the amazing plants and animals that observe living near you.

4 SMELL THE FLOWERS

- Take a walk during – or after – rain. Do you smell anything different?
- Count how many different types of scents you can find along your walk.
- Can you smell something sweet, something bitter, or something strong?

5 LISTEN

- Find a safe spot to stop and listen to the natural world. Try closing your eyes to help you focus. Can you hear insects, birds, the wind in the trees?
- Use an app like BirdNET to help you identify the bird calls that you hear, and "see" the sound waves of the calls you record.

6 BE A SCIENTIST

- A scientist's job is to ask questions. What do you wonder about the nature you see and hear around you?
- Scientists make detailed observations. What do you notice that is different from the last time you were outside? Can you find any signs of wildlife? Look for clues like chewed leaves, nests, or tracks.
- You can help scientists collect data for different projects by becoming a community scientist. Look at Zooniverse or SciStarter for projects, or try out eBird, Globe at Night, or Budburst.

7 CREATE ART

- Create temporary works of art with natural objects like sticks, rocks, seeds, and leaves. Try making them three-dimensional sculptures for fun a challenge.
- Capture the natural beauty you see outside by sketching it on paper, photographing it, or using an app like Tayasui Sketches School to make digital art.
- Try painting with mud, pressing flowers, or doing bark and leaf rubbings.

8 MOVE

- Try to move like the animals you see outside. What other animals can you pretend to be?
- Make a natural obstacle course; you can walk over cracks in the sidewalk, jump over sticks laid in the grass, run around trees, climb under low branches or leap from one rock or log to another.

• Measure the distance you walk by counting steps or mapping your route with apps like Map My Walk.

9 EXPLORE

- Draw a map of your neighborhood and label all your favorite places.
- Learn to get around using a handheld compass or a compass app.
- Explore Google Maps: Drop a pin at a location with a unique natural area and then visit the same place, again and again, looking for seasonal and other changes in the natural world around you each time. You'll be amazed at what you find!

10 RELAX

- Pick a quiet spot to sit outside, be still, and breathe deeply. Meditate, enjoy the breeze, watch the trees or read a book.

• Layout a blanket and watch the sky – try different times of day or night! What shapes are the clouds making? How many different colors are in the sky at twilight?